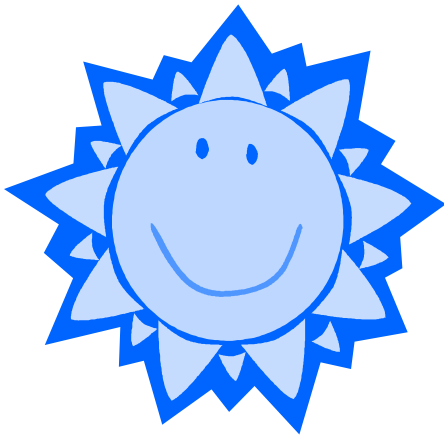




AMHERST RECREATION  
PO Box 960  
Amherst, N.H. 03031  
603 673 6248  
603 673 2032 (FAX)  
www.amherstrec.org



# Summer 2007 Programs

**From the Recreation Director—  
Nancy McMillan**

This is an exciting time at the Amherst Recreation Department. We have been fortunate to add two new members to our staff. Help me in welcoming Program Assistant, Diana Jones and Park Foreman, Keith Trott. Diana and Keith's experience will help us in reaching our goals of providing quality programs and facilities.

I hope you are as thrilled as I am with the progress of the athletic fields on the Bean Property. Thank-you to the Amherst Board of Selectmen, Amherst School District and Amherst residents who supported this project. We expect construction to be completed by mid July. However, we will have to remain patient while waiting until Fall, 2008 to use the fields. This time is needed to establish athletic turf that will withstand sport practices, games and other events.

The Recreation Commission continues to work on program policies. They are striving to adopt a clear policy that defines the differences between recreation programs and programs sponsored by private organizations.

They are also defining a list of facility needs that range from refurbishing existing facilities to establishing new ones. They are preparing this as an initial step in developing a recreation master plan. This coincides with the work that is being done by Amherst's Master Plan Committee. The Commission will give input into the over-all plan and have one that is specifically defined for recreation.

As you read this note we are in the midst of providing summer programs that we hope will intrigue you in some new way. Thanks to Eagle Scout, Jeff Fasoli we have a new sand volleyball court at Baboosic Lake. Come and join us one

evening for a pick-up game. Or perhaps you might want to take a leisure paddle on the lake with one of our canoes. Rentals are available and personal flotation devices will be provided.

There are tons of activities to keep our kids active as well as teach them new skills. Swim team and meets, swimming lessons, archery lesson, activities at SummerScape and special sports weeks will help keep the summer fun and memorable.

Be sure to review the bulletin and see the opportunities that await you and your family. Remember we have an easy way to register for our programs; on line at [www.amherstrec.org](http://www.amherstrec.org), through the mail or visit our office. And...be sure to let us know how we are doing. We welcome your ideas and feedback.

<b>Amherst Recreation Commission:</b> Dana Redmond - <i>Chairman</i> Janet Gaynor— <i>Vice Chairman</i> Dave Clark Bob Heaton Kim Parrett Reed Panasiti—Board of Selectmen Liaison	Dan Gravel Addie Hutchison Jim O'Mara Manny Almeida Marty Beck Howard Robinson Lorraine Jost	<b>Amherst Recreation Staff Members:</b> Nancy McMillan—Recreation Director Candy Shirey—Program Director Diana Jones—Program Assistant Keith Trott—Park Foreman Stewart Long—Park Maintainer
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## Baboosic Lake

**Baboosic Lake**  
Escape to the Lake. Join us for a summer filled with activities that will teach you new skills and keep you cool at the same time. Bring the whole family for swim lessons, a game of volleyball on our new sand court, play on the playscape, build sandcastles, enjoy lunch (your own or one we provide) or just enjoy a warm summer day on the beach.

The beach is guarded daily from 10am-6pm. The season opens on June 23rd and closes on August 18<sup>th</sup>.

**Season Pass**  
Amherst Town Beach  
Season Pass -  
Amherst Resident Family —\$90  
Season Pass—non resident family - \$130  
Daily Gate fee: \$2 per person  
(under 2 years free)

**Lifeguarding**  
Participants must be 15 years old and pass a water test. Classes are held at Baboosic Lake and are taught by our ARC certified instructor, Gretchen Dunn. This class will include CPR and First Aid.  
June 25th-29th, 10am - 2pm  
Fee: \$160 residents/\$170 non-residents (books not included)

**Water Safety Instructor Course**  
The American Red Cross Water Safety Instructor course is also available at Baboosic Lake. Participants must be 16 years and pass a water test.  
July 2nd - July 10th, 10am - 2pm  
Fee: \$200 residents/\$210 non-residents (books not included)

**Canoe Rentals**  
Canoe rentals will be available at Baboosic lake beginning June 23 from 10am to 4pm daily. Personal flotation devices (PFD) are required and a limited number of PFD's will be available for rental. A swim test is required for all rentals and a PFD may be worn for the test. Concession stand workers will complete boat rental forms for all rentals.



**Swim Lessons**  
Take advantage of our American Red Cross swim lessons while Gretchen Dunn directs our experienced returning staff. All instructors are ARC Water Safety certified. Swimming lessons are scheduled for a 30 minute time period between 10am-2:00pm (Mon-Thurs) at the Baboosic Lake beach.

**Young Children**  
Infants, 6 months - 29 months must participate with a parent/guardian. Children must be at least 2-and-a half years old (30 months) to participate in pre-school fish classes without a parent/guardian. After registering, each child will be water tested to be sure they are in the appropriate fish level.

**Sunfish:** children new to water.  
**Sailfish:** children adjusted to water, who can put face in water and can float with support.  
**Swordfish:** children who can swim and nearly ready for American Red Cross Level 1.



**Children**  
Register your child based on the ARC level they completed in their prior lessons or refer to the level description on our website to assist you in placing your child. If you are not sure of the level completed, contact this office and we will assist with the registration process. Lessons will be held in ARC level 1 - 6 during the following sessions and times.  
Fee:\$40 session/resident;  
\$50 session/nonresident.

**Swim Lesson Session Schedule**  
Session 1 M-Th 6/25-7/6\*  
Session 2 M-Th 7/9-7/19  
Session 3 M-Th 7/23-8/2  
\*no class 7/4 - Make-up 7/6, Fridays used for makeup classes

Class Schedule for each Session			
Time	Level		
10:00-10:30am	Level 1	Sunfish	Sunfish
10:40-11:10am	Level 2	Sailfish	Sailfish
11:20-11:50am	Level 3	Swordfish	Swordfish
Noon-12:30pm	Level 4		
12:40-1:10pm	Level 5		
1:20-1:50pm	Level 6		

**Swim Team**  
Swim team is open to all ability levels for ages 4-19. Participants must be able to float on front. Swim team opens with first practice on June 25th from 9-10am for all levels.

Fee: \$45 resident/\$70 non-resident.

**Baboosic Lakers Swim Meet Schedule:**  
July 7 Jasper Valley  
July 11 Nashua Country Club  
July 14 Milford Keyes  
July 20-21 Rotary Meet  
July 27 Wolfeboro  
August 1 Fun Meet @Baboosic  
August 4-5 Championships Claremont



**Beach Volleyball**  
Come play in the sand and enjoy a game of pickup volleyball. Our newly renovated sand volleyball court will be available for use Tuesday & Thursday weekly beginning June 23rd to August 18th. Program is included in your seasonal beach pass or you may pay \$2.00 the night of. Game play begins at 6:00pm



## SummerScape 2007

### Introducing.....

The Amherst Recreation Department is proud to announce SummerScape 2007. SummerScape is a place to join old & new friends, develop new skills, be a kid and most of all have FUN and ADVENTURE. Your child is sure to have a fantastic summer while participating in many exciting activities: Arts and crafts, games, sports and athletics, field trips, stories, movies, as well as special entertainment will fill the days ahead for every participant. Sign up early. Don't miss out on the excitement that waits.

### SummerScape Daily Schedule

7:30-9:00 am	Before Care Opens
9:00-9:30am	Children arrive and are checked in by parent/guardian. Free game time with counselors.
9:30 - 12:00pm	Children engage in separate activities with a break for snack.
12:00 - 1:00pm	Clean up, lunch and free time.
1:00 - 2:30pm	Children choose 3 half hour activities within any of our groups.
2:30pm	Children return to their assigned group and pack up for dismissal.
3:00pm	Children are signed out by parent/guardian or signed into after care.
5:30pm	After Care Closes

Amherst Middle School  
9:00am - 3:00pm: Monday - Friday  
June 25- August 10: Rain or Shine

*Fun Zone kids entering grades 1-4*  
*Adventure Zone kids entering grades 4-6*  
*Sports Zone kids entering grades 3-6*  
Recreation Guides kids entering grades 7 & 8

<b>Fees</b>	
<b>SummerScape</b>	
\$100	Per Week (\$10.00 less for 2nd child registered in same full week. No discount on daily registration)
\$30	Per Day-Amherst Resident
\$25	Registration (one-time, non-refundable fee per participant)
\$25	Cancellation (must be 5 days prior to campers start date)
<b>Before/After Care</b>	
\$6	Before Care (7:30-9:00am) Daily
\$23	Before Care—Weekly
\$8	After Care (3:00-5:30pm) Daily
\$30	After Care—Weekly
\$12	Before & After Care./Daily
\$50	Before & After Care/Week
\$15	Cancellation (must be 5 days prior to camper's start date)

### Weekly Themes\*

Week 2:June 25-29	Mystery Week
Week 3:July 2-6**	No Camp
Week 4:July 9-13	Carnival Week
Week 5:July 16 - 20	Animal Week
Week 6:July 23 - 27	Talent Week
Week 7:July 30– Aug. 3	Water Week
Week 8:August 6 - 10	Anything Goes Week

\*Themes are subject to change.

### Before & After Care

Extended hours are offered to those who need this additional service. Participants must be registered in advance for this service and are dropped off/picked up at the Amherst Middle School lobby. Participants can sign up for morning care, afternoon care or both.

### COUNSELOR-IN-TRAINING (CIT)

For Amherst & MT. Vernon residents entering grades 9 & 10; A limited number of CIT's are accepted for each week of the program. This program is free of charge. There is a one-time registration fee of \$25 per participant. A CIT orientation is held prior to the start of SummerScape. CIT's must sign up for a full week time period. Applications are available at the Recreation Office after May 15th and must be returned by June 15th. Please sign up early as spaces will fill quickly.

## Summer Sports Camps

The Amherst Recreation Department and Skyhawks join to provide a positive camp experience for the youth of Amherst. These summer camps provide safe, positive athletic programs that emphasize critical lessons in sports and life, such as sportsmanship, teamwork, and winning and losing. Join our summer camp program as we continue to build on the foundation of providing healthy and active lifestyle choices while helping develop and build the skills and confidence of young athletes.

### Flag Football Camp

When: July 23-July 27; 9am-noon  
Location: Cemetary Fields  
Ages: 7-10 years  
Fee: \$115 Residents; \$125 Non-residents

### Flag Football Camp

When: July 23-July 27; 9am-noon  
Location: Cemetary Fields  
Ages: 11-14 years  
Fee: \$115 Residents; \$125 Non-residents

### Multi-Sport Camp

What: Soccer, Baseball and Basketball  
When: July 9– July 13; 9am-noon  
Location: Amherst Middle School  
Ages: 7-12 years

### Summer Archery Programs

Archery programs have been scheduled for the month of July. Learn archery basics or reinforce recently acquired skills with Marcia Wyman, certified archery instructor and director of the New England School of Archery in Concord. Come ready to learn this up and coming sport; all equipment is provided for use. Classes will be held on the back field at the Amherst Middle School, Tuesdays July 10 – 31, classes for children entering grades 1 – 4 (ages 7 and older) will be held 10 – 11am, classes for children entering grades 5 – 9 will be held 11am – noon (will postpone for rain). Fee \$65.00 resident; \$75.00 nonresident



### Tiny-Hawks

When: July 9-July 13, 12:15-1pm  
Location: Amherst Middle School  
Ages: 3-4 years  
Fee: \$60 Residents; \$70 Non-residents

### Mini-Hawk Camp

What: Soccer, Baseball and Basketball  
When: July 9– July 13; 9am-noon  
Location: Amherst Middle School  
Ages: 5-6 years  
Fee: \$115 Residents; \$125 Non-residents

### Girls Lacrosse Camp\*

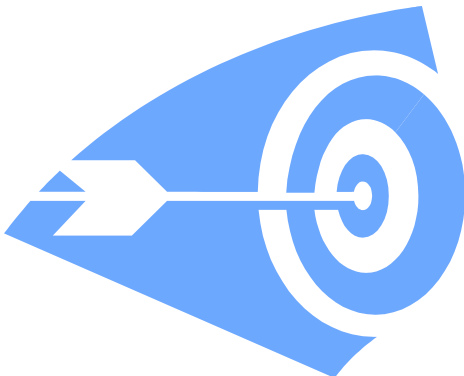
When: June 25—June 29; 9am-noon  
Location: Cemetery Field  
Ages: 8-12 years  
Fee: \$115 Residents; \$125 Non-residents



### Boys Lacrosse Camp\*

When: June 25—June 29; 9am-noon  
Location: Cemetery Field  
Ages: 8-12 years  
Fee: \$115 Residents; \$125 Non-residents

\* Additional equipment required for Lacrosse—See [www.skyhawks.com](http://www.skyhawks.com) for information





## Summer Basketball



### Sabers Boys Basketball Camp

Sabers boys basketball camps will be held this summer. The boys camp co-directors Mike Facques and Mike Beliveau will be joined by past and present Souhegan basketball players. The boys camps will run July 9-13 for boys entering grades 3-5 and July 16-20 for boys entering grades 6-8. For an application please e-mail Mike Facques at: [mfacques@sprise.com](mailto:mfacques@sprise.com)



### Fundamentally Fun Basketball Camp

#### Boys & Girls Entering Grade 2, Girls Entering Grades 3 & 4

The Fundamentally Fun basketball camp sponsored by Amherst Recreation will be held this summer at the Amherst Middle School. Campers will be placed in groups based on age and ability. Emphasis will be placed on learning the fundamentals of the game of basketball. In addition to teaching fundamentals, everyday will include time for basketball game play. Boys & girls entering grade 2 and girls entering grades 3 & 4, June 25 – 29, 8:45 – noon, location: Amherst Middle School Gym. Fee \$100 residents; \$110 non-residents

To Register for the “Fundamentally Fun Basketball camp, go to [www.amherstrec.org](http://www.amherstrec.org) or complete the application shown to the right and return it to the recreation office.

### Fundamentally Fun Basketball Camp Application Form (only)

Campers name		Gender
Parent or Guardian name		
Address		
Town	State	Zip
Home Phone		Emergency Contact & Phone
Parent e-mail		
Grade as of Sept. 07		T-Shirt Size: Youth S,M,L

Please enroll my child in camp. I hereby release the Town of Amherst, its employees, officials and agents from any and all liability or loss or damage to personal property that my child or I may experience in connection with activities sponsored by Amherst Recreation Department. I hereby consent to emergency medical procedures deemed advisable for my child in the event I cannot be reached and my child has sustained an injury. The Dept. does not provide accident or hospitalization insurance for participants of its programs. All participants are advised to have adequate personal coverage. Please consider participant's own health, experience and tolerance for risk before participating in any program. I also consent to the use of my or my child's photo, video and art work.

Parent/Guardian Signature	Date
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### Sabers Girls Basketball Camp

The Souhegan girls' basketball staff will be running the fourth annual girls' basketball camp for girls entering grades 5-8. The camp will run from approximately 8:30-2:30 daily from July 23-28. Head coach Jim Wilkinson, along with assistant coaches Nikki Flores and John Ranta, as well as other local coaches and current and former Souhegan players, will instruct campers in fundamental skills as well as offer competitions and game play throughout the week. Cost for the camp will be \$150 and each camper will receive a camp basketball and t-shirt. Camp brochures will be available in the local schools and at the Amherst Recreation Department in the coming weeks. In addition, coach Wilkinson can be contacted by e-mail at: [jimwilk13@aol.com](mailto:jimwilk13@aol.com)

### Discounted Tickets To Water Country



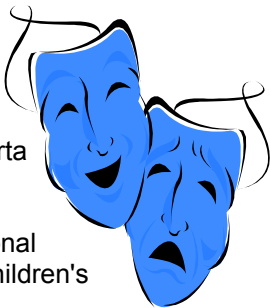
Experience the thrills for yourself! The Amherst Recreation Department has discounted general admission tickets for Water Country in Portsmouth, NH. General Admission tickets are available at the park for \$32 but can be purchased from Amherst Recreation for \$22. These tickets will be honored any day that Water Country is open, June 9th to Labor Day and they do not expire. Ticket includes all day unlimited use of all Water Country attractions.

### Game Daze

Come join a fun group of seniors, bring your own game and we will provide the table. Amherst Recreation offers a fun afternoon of table or card games for Seniors. Bring along your favorite game (and perhaps 3 friends to make a foursome) and enjoy the afternoon challenging yourself and others at scrabble, dominos, bridge, pinochle or whatever game interests you. You are encouraged to bring along your game of choice.  
Who: Seniors  
What: Table Games  
When: Thursdays, 1-3:30PM  
Where: Amherst Central Fire Station  
Fee: Free

### Summer Drama Workshop

Open the door to adventure, creativity, initiative, empathy, self-confidence, critical thinking and fun This program is led by Roberta Woolfson; experienced, certified literature and drama expert; professional storyteller; director of children's theater.



For ages 7 to 14 years.

July 9th to 13th, 2007  
9:00am to 12:00 pm  
Wilkins Multi-purpose Room & Stage  
Fee: \$80 Amherst resident  
\$90 non-resident

### Youth Fall Soccer

Come out and join Recreation Soccer. Learn and develop passing, dribbling, and sportsmanship while having fun with your teammates. Participants usually practice one or two nights a week and play their games on Saturday. Deadline for soccer sign-up is August 3<sup>th</sup>. Late registrations will be subject to \$10 late fee and placed on a wait list until it can be determined that there is space for the registrant in the soccer program. Volunteers are needed to coach.



Age Group (September 1st cut-off date)	Division	Resident Fee	Non Resident Fee
Grade K through 7 years	Instructional	\$30	\$50
8 & 9 years	Prep	\$45	\$73
10 and 11 years	Junior	\$45	\$73
12 years up to 8 <sup>th</sup> grade.	Senior	\$45	\$73



### Tennis Lessons

Come and join Sabrina Clark who will introduce you to the fundamentals and fun of tennis at the Middle School Courts. Bring your own racquet and we'll provide tennis balls.

Fee: Beginner/Intermediate \$50 resident; \$60 non-resident  
Fee: Preschool \$35 resident; \$45 non-resident

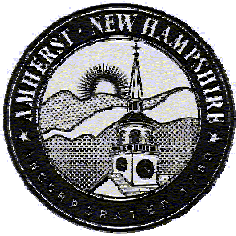
### Tennis Sessions

Session 1: June 25—28  
Session 2: July 2– 6 (no 7/4)  
Session 3: July 9 -12  
Session 4: July 16 –19  
Session 5: July 23 – July 26

Note: except for the week of 7/2-7/6, Fridays will be a makeup day for rain days.

### Tennis Daily Sessions

9-9:45am	Beginner
10:00–10:45am	Beginner 2
11:00-11:30am	Preschool 3-5 years



Amherst Recreation Department

P.O. Box 960  
Amherst, NH 03031

603-673-6248  
603-673-2032 (FAX)

Be sure to try our new online registration at  
www.amherstrec.org

PROGRAM NAME		SESSION DATES		FEES
"Round Up" For Youth Recreation		Rounding up your program fee, helps provide financial assistance for those unable to afford the program fee for youth act.		
		TOTAL		

NAME OF PARTICIPANT		M/F	DOB	AGE	GRADE
Medical Concerns – Please List					
PARENT/ GUARDIAN	HOME PHONE	PHONE CONTACT #2		PHONE CONTACT #3	
Street		TOWN		ZIP	
<b>Liability:</b> I give approval for myself/my child to participate in the above listed Amherst Recreation Department Program. I agree to assume all risks and hazards incidental to the program(s), including transportation to and from the site of the program. I wave, absolve and indemnify and agree to hold harmless the Town of Amherst, the Amherst Recreation Department and the Amherst Recreation Commission, supervisors, instructors, and participants from claims arising out of injury to myself/ my child. <b>Photo Policy:</b> By registering for a program, you give us permission to take and publish photos of you/your child participating, including photo identification. If you do not wish to be photographed, you must include this request in writing accompanied with this registration.					
Parent/Participant Signature					Date
Optional Parent/Coach Volunteer Commitment Please provide name and contact information:					

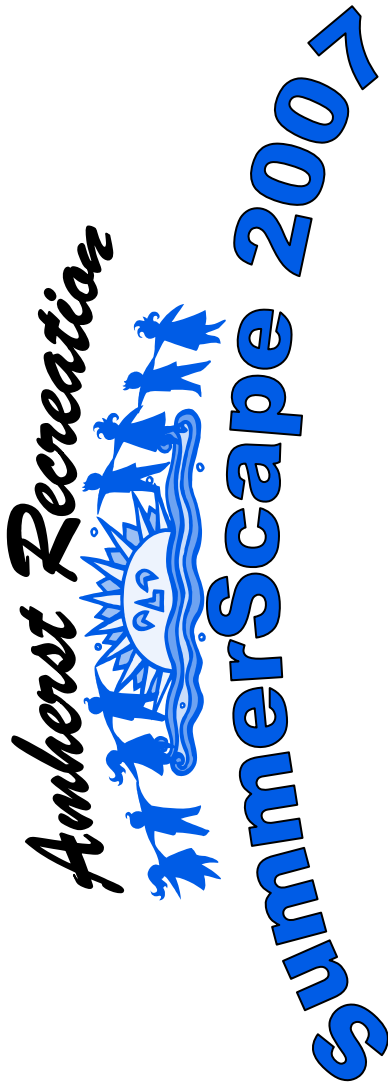
☐Cash \$  
Please make checks payable to Town of Amherst, PO Box 960, Amherst, NH 03031

☐Check #  
Received by: \_\_\_\_\_ Received Date: \_\_\_\_\_

☐Visa/MasterCard

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Registration Forms



NAME OF PARTICIPANT		M/F	DOB	AGE	GRADE
Medical Concerns – Yes No If "yes," please list and advise.					
PARENT/GUARDIAN		HOME PHONE	PHONE CONTACT #2	PHONE CONTACT #3	
Street		TOWN	ZIP		
<b>Liability:</b> I give approval for myself/my child to participate in the above listed Amherst Recreation Department Program. I agree to assume all risks and hazards incidental to the program(s), including transportation to and from the site of the program. I wave, absolve and indemnify and agree to hold harmless the Town of Amherst, the Amherst Recreation Department and the Amherst Recreation Commission, supervisors, instructors, and participants from claims arising out of injury to myself/ my child. <b>Photo Policy:</b> By registering for a program, you give us permission to take and publish photos of you/your child participating, including photo identification. If you do not wish to be photographed, you must include this request in writing accompanied with this registration.					

Parent/Participant Signature		Date	
Camp Week	Camp Name	Fee	Before/After Care
Week 2 6/25-6/29	M T W T F		M T W T F
Week 3 7/2—7/6		\$	
Week 4 7/9—7/13		\$	
Week 5 7/16—7/20		\$	
Week 6 7/23—7/27		\$	
Week 7 7/30—8/3		\$	
Week 8 8/6—8/10		\$	
Totals		Camp Fee (A)	Total Before/After Care
		Registration Fee (B)	
		Before/After Care (C)	
		Total (A)+(B)+(C)=	

Cash \$  
Please make checks payable to Town of Amherst, PO Box 960, Amherst, NH 03031

Received by: \_\_\_\_\_

Credit Card (Visa or MasterCard) \_\_\_\_\_ Exp. Date \_\_\_\_\_